

hospital bag checklist



must-haves for mum

- 👉 eye glasses (if you wear them)
- 👉 comfortable cotton briefs
- 👉 nursing bra
- 👉 breast pads
- 👉 lanolin nipple cream
- 👉 maternity sanitary towels
- 👉 warm socks
- 👉 toiletries & personal care
- 👉 comfortable shoes
- 👉 warm jacket/sweater
- 👉 hair ties / hair bands

Remember !

Ask your hospital what they provide for mothers, and take those things off your hospital bag checklist. ID, insurance information, birth plan (if you have)

must-haves for baby

- 👉 swaddle or baby blanket
- 👉 2x bodysuits
- 👉 2x sleepsuits
- 👉 soft cotton hat
- 👉 scratch mitts
- 👉 botties / socks
- 👉 muslins squares
- 👉 diapers - approx 8 - 10 per day
- 👉 newborn gentle baby wipes
- 👉 infant car seat
(essential for first car journey home)

don't forget

- 👉 comfy going-home outfit
(5-6 months maternity sizes)
- 👉 mobile phone and charger
- 👉 drinks and snack
- 👉 birth plan and notes

Tips! Don't stock up on newborn disposable diaper size as your little one may outgrow them in no time.



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